

# BAR HILL NEWS

December 2015; Issue 566

THE RESIDENTS' ASSOCIATION WISHES ALL OUR READERS  
A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR

## THE BAR HILL COMMUNITY CAR SCHEME IS COMING BACK



I am pleased to announce that, after the sad loss of John Reynolds in November last year, we have a new volunteer Coordinator who wishes to continue John's work by taking the Community Car Scheme forward.

We know there is a demand for this valuable scheme, which is aimed at the residents of Bar Hill who don't have access to a car and struggle to get out and about using public transport. Our drivers will be fully insured and it will cost only 30p per mile, with a minimum charge of £3.00 per journey. Once a journey is booked through the coordinator, a volunteer driver will collect you and take you home after your appointment.

**But first we need to recruit volunteer drivers!**

If you have any time to spare we would love to hear from you. No particular qualifications or specific time commitments are needed – just a car and a desire to help people. Whatever time you can offer will be much appreciated.

If you want to volunteer, know more about the scheme, or know of someone who would benefit from this scheme, please get in touch with: Jane Johannessen, Community Development Officer, Care Network on: T: 01954 211919; E: [jane.j@care-network.org.uk](mailto:jane.j@care-network.org.uk).

## BAR HILL COMMUNITY CHRISTMAS MARKET

Saturday 5th December

10.30am–2pm

In the Octagon and Church CB23 8EH

Entry is Free



All profits go to community projects  
Refreshments and also a BBQ (weather permitting)

If you wish to be part of the market please contact  
Karen Austen 01954 781085; or on Facebook:

Bar Hill Community Market

## Bar Hill Primary School – CHRISTMAS FAYRE –

Saturday 5th December from 2.30–4.30pm  
in the School.

A selection of stalls selling hand-crafted Christmas gifts,  
along with cakes, jams and chutneys.

Mince pies, mulled wine and refreshments will be  
available, not forgetting Santa's grotto for the excited  
little ones.

There's even the chance to relax with a mini  
Thai massage after all that shopping!

Please come along and support the local community  
trade and help raise money for the school.

## Bar Hill Church – DECEMBER SERVICES –

- |               |  |
|---------------|--|
| Sunday 6th    | 10am Holy Communion with Café<br>Church for young people<br>6.30pm Evening Worship |
| Sunday 13th   | 8am Holy Communion<br>10am Gift and Crib Service<br>6.30pm Evening Worship         |
| Sunday 20th   | 10am Holy Communion<br>6.30pm Carol Service  |
| Thursday 24th | 4pm Christingle<br>11.30pm Midnight Communion                                      |
| Friday 25th   | 10am All Together Worship for<br>Christmas Day                                     |
| Sunday 27th   | 10am All Together Worship  |

## Bar Hill Primary School – PTA CHRISTMAS RAFFLE –

To be drawn on 11th December; 25p a ticket,  
available at the Office/in book bags

For further information please contact:

Emily Spenceley, PTA, [em.spenceley@hotmail.co.uk](mailto:em.spenceley@hotmail.co.uk)

## – CHRISTMAS FAYRE –

Get into the Christmas spirit at the Over Day Centre's  
Christmas Fayre, from 2pm on Friday 11th December  
Grand raffle draw!

Stalls include: Christmas items, Jewellery, Wooden items,  
Cake Stall, Tombola and Grand Raffle Draw.

Come and join us for a cuppa!

The Over Day Centre, 1 Drings Close, Over • CB24 5NZ  
Registered Charity n°: 800829

Deadline for February's edition: 15th January 2016 to [bheditor@yahoo.com](mailto:bheditor@yahoo.com),  
or see page 2 for other contact details. There will be NO Bar Hill News in January.

## BAR HILL RESIDENTS' ASSOCIATION

### 2015-16 COMMITTEE:

Chair:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01954 782736	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
Website:	Mike Nelson	01954 780772	6 Field View
Committee Members:	Jo Hall	01954 780304	11 Almond Grove
	Hilary Whipp	<a href="mailto:hilary@whipp6.orangehome.co.uk">hilary@whipp6.orangehome.co.uk</a>	

### BAR HILL NEWS:

Editor:	Jan Cundy	<a href="mailto:jan_cundy@yahoo.com">jan_cundy@yahoo.com</a>	1 Hanover Close
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

### ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com). Quarter-page adverts cost £15.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm-9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm-6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

### EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month. All telephone numbers without an area code are Crafts Hill (01954). All items can be submitted electronically on disc or to [bhneditor@yahoo.com](mailto:bhneditor@yahoo.com), [a Word file is best, please] or hard copy via Parish Council Office.

## - THE MAPLE SURGERY -

Tel: 01954 780442; [www.mhmaple.co.uk](http://www.mhmaple.co.uk)

### Surgery Opening times:

Monday, Wednesday, Thursday	7.00am* - 6.30pm
Tuesday, Friday	8.30am - 6.30pm

(\* appointments available from 7.30am)

**Emergency on the day appointments:** bookable by phone from 8.30am for the mornings and from 1.30pm for afternoons.

Midwife	Thursday	2.00-4.00pm
Physiotherapist	Tuesday	1.00-4.30pm
Podiatrist	Wed. & Friday	8.45am-12 noon
		and 1.00-4.00pm
Orthoptist	2nd Tues. of month	9.00am-12.30pm
CAMTAD	4th Tues. of month	9.30-11.30am



Out of Hours Emergencies - call 111

(Cambridgeshire and Peterborough 111 Service)

Health Visitors: (based at Longstanton Surgery):  
01954 207612

Well Child Clinics: 3rd Tuesday of the month  
1.00-2.30pm at the Children's Centre, Bar Hill (next to Primary School).

### USEFUL TELEPHONE NUMBERS

• Church Office: 01954 206120 • Conservative Party (Iris Lay): 01954 205265 • Happy Hours (Helen Collins): 01954 782203 • Liberal Democrat Party (Andy Pellew): 07814 871752 • Library (renewals and enquiries): 0345 0455225  
• Neighbourhood Watch: 01954 201001 • Parish Council: 01954 780456 • Police non emergency: 101 •  
Post Office: 01954 789285 • Pre-School: 01954 782892 • Samaritans: 01223 364455 • School: 01954 273305 •  
Social Club: 01954 781881 • Swavesey Village College 01954 230366 •

**- NWR -**

**CONNECTING WOMEN WHO ARE  
INTERESTED IN EVERYTHING AND  
TALK ABOUT ANYTHING**

NWR is a national women's organisation with members who enjoy lively conversations both serious and light hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us, come along to one of our meetings, you'd be very welcome.

10th December: Shoes and Handbags – research changes and trends over the years and bring along a favourite item.

17th December: Christmas Quiz – with food and drinks.

7th January: History of Print – research origins of books and newspapers.

16th January: Winter Social – to be arranged.

21st January: Cinema Producer/Director – Choose one person whose work left an impression on you.

4th February: History of Department Stores – Choose one store and talk about its origin and life.

The Bar Hill NWR group meets informally at 8pm on alternate Thursday evenings. We pay an annual fee of £18.00 and just £1.00 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Geraldine Martensz on 01954 203458 or Bobby Colver on 01954 781662. NWR can also be found at [www.nwr.org.uk](http://www.nwr.org.uk). Why not have a look!

**- HEALTH AND WELLBEING CLUB -**

Our aim is to explore some of the expert advice on offer in Tesco store, with a different theme each month. The next meeting will be on 8th December from 2-4pm in the Community Room, when we will look at ideas for food, drink and decorations for Christmas.

In 2016, it is over to members of the group to decide what advice they would like to draw on from the departments within Tesco – pharmacy, optician, beauty, travel, diet and nutrition, electrical etc.

Come and join us – there's tea, coffee, cake, biscuits and a very warm welcome!

If you would like more information, please call Jane Johannessen, Community Development Officer for Care Network, on 01954 211919.

**- 8 O'CLOCK CLUB -**

The 8 o'clock Club is an all-women's group which meets on the first Thursday of the month in the lounge in the school.

We have a variety of speakers as well as a garden party, a birthday party and a Christmas meal.

Our next meeting is for our Christmas Meal on 3rd December, which is for members only.

If you would like further information, please phone Barbara on 01954 204171, Adela on 01954 204265, or Ann on 01954 204687, or come along to one of our meetings in 2016 (look out for information in the Bar Hill News), we would be very pleased to see you.

**- HAPPY HOURS -**

October started our new activities with cup cake decorating. First prize went to Cheryl – and we got to eat the cakes with tea! We also had a week of Readings and Poems; members choosing a favourite they would like to read or have read for them. It was a very entertaining afternoon.

Sue took part in a half marathon, raising £500 for Bone Cancer Research. Running with family members they raised approx. £6,000. We are very proud of Sue who was a complete novice. She found a training programme, bought the kit and, helped by her nephew, trained herself to complete the run which was in London.

A reminder that there are a number of scams going round. Please be vigilant at the door and on the phone.

We would welcome new members. Our club is on Mondays at the Octagon, from 11am-3pm, with coffee, tea and light lunches. Our aim is to provide friendship and companionship.

For the Age UK Visiting Scheme call 0300 666 9868; for Silverline call 0800 470 80 90 – especially for those who are lonely.

*Helen Collins*, 01954 782203

**- NEIGHBOURHOOD WATCH -**

*10 ways to make a criminal very happy this Christmas*

- ☺ carry a bulging wallet in a loose pocket
- ☺ leave your Christmas shopping on view in the car while you go to another shop
- ☺ pile presents round your tree in full view of the front window
- ☺ place your handbag in the shopping trolley while you turn to the shelves
- ☺ stock up your freezer in an unlocked garage
- ☺ leave your house in darkness when you are out in the evening  
or
- ☺ only leave a hall light on (who lives in the hall?)
- ☺ when your neighbour is away, leave their newspapers etc. poking out of the letter box
- ☺ leave the engine running to warm up your car while you go back in the house
- ☺ pile packaging by the wheelie bin to advertise the wonderful presents you received

Remember: – for the criminal it only takes a moment  
– for you, the effect lingers a long time.

*Wishing you all a safe and happy Christmas.*

*Pam Vendy*, Village Co-ordinator

**CAMBRIDGESHIRE AGE UK VISITING SCHEME**

**- VOLUNTEERS NEEDED IN YOUR AREA -**

Have you spoken to anyone today? How would you feel if the answer today, tomorrow and the next day was NO-ONE?

The visiting scheme enables people in later life living near you to say "Yes – I had a visitor today".

Just one hour a week of your time will help ease social isolation and loneliness.

To become one of our valued volunteer visitors, contact our helpline on 0300 666 9860.



## – LETTER –

*Dear Editor*

### Bar Hill Community Picnic Bench

On 11th November, for the second time in four weeks, vandals tried to burn the table top of the picnic bench outside the Library. Villagers kindly and lovingly donated towards this bench and it has been enjoyed by many throughout the summer.

This damage is an act of wilful vandalism and has been reported to Cambridge Police. If you have any information or see anything going on, can I ask you to ring the local police on 101, who will take it seriously. (Quote Incident No: CF 0462301115).

It is such a shame that the pleasure from this bench is being spoiled by stupid behaviour.

My hubby spent an afternoon sanding out the damage and cleaning up the mud, but sadly he can't take away all the damage. Such a shame.

*Josephine Powell*

### BAR HILL HEALTH WALKS

Free every Wednesday morning

Meet at Maple Surgery at 10:30am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).

Contact: Patricia Daniels T: 07917 874402;  
E: [danielsoohn@btinternet.com](mailto:danielsoohn@btinternet.com); or Josephine Powell  
T: 07901 558108; E: [jopowell45@hotmail.com](mailto:jopowell45@hotmail.com).

### BAR HILL'S GOLDEN JUBILEE

As most residents are aware, Bar Hill's official fiftieth birthday will be on 1st April next year. On this date in 1966, the area comprising Bar Hill was severed from Dry Drayton and became a parish in its own right.

It had been the intention that the 2016 Fete should commemorate the occasion. However, some residents have pointed out that previous commemorations have been held to celebrate when the first residents moved into the village, 24th May 1967. Accordingly, to avoid confusion, it has been decided to delay the Golden Jubilee Fete until July 2017. It is hoped, nevertheless, that residents and village organisations will hold special events next April to mark the village's official Jubilee.

*Roger Hall*, Chairman, Bar Hill Residents' Association

### MATHS AND PHYSICS TUITION

Qualified teacher, with First Class Honours Degree in Physics, offers GCSE and A level tuition in Maths and Physics.

Telephone Paul Noble on 01954 780477

## COUNTY COUNCILLOR

### – NOTES –

I am sure that it will not have escaped your notice that the County Council, like local authorities up and down the country, has to find even more savings as it anticipates the further cuts to its grant funding by central government. It is trying to establish ways of increasing revenue, finding new ways of creating revenue to try to offset some of these. It is also embarking on a different way of working, of setting its budget, by using an outcomes based approach. This should mean that the overlap between service responsibilities is eliminated. Overlapping can cause unnecessary spending or may create a situation where everyone thinks someone else is dealing with something when in fact nobody is.

The Council is also looking at spreading the good practice that is already going on in our villages. We all know how much is done by individuals, parish councils and community groups; how much the efforts of these people add to the quality of village life. I have been working with a group of County Councillors to identify activities undertaken in different villages to try to bring together all those who run those activities; to make them aware of each other and to look at whether or not they could benefit by working together in some cases. If those of you who are doing stuff for the village would like to contact me I'd like to arrange for us to meet to discuss this. As a member of this working group at the County Council, I qualify to nominate a project for a share of a small grant funding pot. The project must meet some basic criteria such as providing a sustainable or permanent improvement to the way people support themselves and others – adding value to the community. It should also involve a growing number of people, community groups/businesses working together and support one of a list of outcomes such as: older people/people with disabilities living well independently; leading a healthy lifestyle, children reaching their potential. Please do contact me if you are currently running a community group in Bar Hill or if you have aspirations to do so – and particularly if you have a suggestion for a project that might qualify for some of that funding.

Thank you to all of you who take the trouble to contact me. I am always pleased to hear your views and, if you would like to know more about what's happening at the County Council, please let me know and I will add you to the email circulation for the full report I write monthly for parish councils.

*County Councillor Lynda Harford*  
[lyndaharford@icloud.com](mailto:lyndaharford@icloud.com)

### – BAR HILL BOOK CLUB –

Next meeting: Wednesday 15th December  
7pm at The Fox

This month's book: *The Chocolate Lovers Club* by Carole Matthews: "a heartwarming story of four friends, brought together by a love of chocolate".

We welcome new members.

Contact Sheila T: 07920 558319

### – FOR SALE –

Mammas and Pappas folding buggy  
suitable from birth; hood and rain-cover included;  
umbrella-style folding; £25  
01954 200731 Bar Hill



### BAR HILL PARISH COUNCIL

Sue Bell, Parish Clerk: 01954 780456

e-mail: [bhillpc-1@btconnect.com](mailto:bhillpc-1@btconnect.com)

Please note that the office is open to Residents between 9am and 11am Monday to Thursday.

Visit our website: [www.barhill.org.uk](http://www.barhill.org.uk) for updates on local matters.

**Hedge and Tree Maintenance** – thank you to all the residents who have cut back the vegetation around the outside of your property. You may notice there have been piles of cut vegetation around the village, these are being collected and taken away.

**Parking** – there are increasing complaints regarding inconsiderate parking and those who park on amenity land. Bar Hill Parish Council does not tolerate the parking of vehicles, damaging the verges and grassy areas, consequently, people will be asked to move their vehicles.

**Topland – Hallmark Hotel proposal to build houses** – a consultation was held on Tuesday 10th November at the hotel of the proposal to build 44 houses on their site. They may put in a planning application to South Cambs, where further comments can be made.

**Next Parish Council meeting** – will be held on Thursday 17th December at 7pm in the Parish Council Office. Members of the public and press are welcome. There is an Open Forum at the start of each meeting for residents to put their views across. Minutes of the previous month's meeting are on the village notice board.

**Handy telephone numbers:**

Streetlights: 0800 253529 – *give number written on lamp post.*

Anglian Water (water supply and sewerage): 03457 145 145.

South Cambs District Council: 03450 450500.

County Council (damaged paths and roads): 01223 717111.

### UNIVERSITY OF THE THIRD AGE

The University of the Third Age (U3A) is an organisation of men and women who regularly gather together to share experiences, knowledge, philosophies, values and ideas. It attracts members from all backgrounds and encourages everyone to have a go. It is a forum for the growth of the human spirit, the development of friendships and the exploration of ideas to enrich quality of life in the Third Age. Classes are built around self-help study groups, with no exams or qualifications.

U3A is run by its members. It has over 360,000 participants in more than 960 U3As around the UK. As a movement it has defied the trends of shrinking adult education classes. There is nothing formal about the arrangements. There are no certificates to achieve. You are in a convivial environment and, as such, learning is fun.

People join U3A for many reasons: you may have retired; the children grown and flown; a loved one has passed away; or you may just want to 'give it a try'. Combating loneliness is a powerful effect of joining a U3A.

As a self-help organisation we know everyone has something to contribute. Our concept of 'those who learn will teach and those who teach will learn' bears fruit in our non-judgemental attitude.

For more information, visit [www.u3a.org.uk/](http://www.u3a.org.uk/).

### – GIRLGUIDING IN BAR HILL –



On Sunday 18th October, Rainbows, Brownies, Guides and Leaders from Bar Hill District enjoyed a great day out at Cadbury World, Birmingham.

The girls spent the morning exploring Aztec World, learning about the history of chocolate and the processes that the cocoa beans go through to become the chocolate we buy. After lunch, we were taken into a 4D cinema to hear a short story delivered by Caramel Bunny and Freddo Frog and, whilst our chairs rocked, bumped and rolled as we travelled along the on-screen rollercoaster, Crunchie bars flying through the air only added to the fun. After time spent at the Adventure Playground, and a photo opportunity, we boarded the coach for home, having had a fantastic time. Our thanks go to the Bar Hill Residents Association for their generous donation of £150 towards the cost of the coach.

We are very pleased to welcome Michelle Gray as a Unit Leader for 2nd Bar Hill Rainbows. Finally, our annual Carol Service at Bar Hill Church takes place on Tuesday 1st December at 6.30 pm. Please join us if you are able to. Rainbows (aged 5–7 years) meet on Monday and Wednesday; Brownies (aged 7–10 years) meet on Tuesday and Wednesday; Guides (aged 10–15 years) meet on Wednesday.

If you would like to join in the fun, please register at [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested) or e-mail us at [barhillguiding@gmail.com](mailto:barhillguiding@gmail.com).

*Nina Hutt* (Commissioner)

### SCOOTERS AND TOY CARS NEEDED

The Reception Class at Bar Hill School would like donations of children's scooters and toy cars. If residents have these lying redundant in a box 'at the back of the garage' or elsewhere please consider delivering to Jo Hall, 11 Almond Grove, Bar Hill, 01954 780304.

### – TOM MOORE – BUILDING WORK

All types of small building work undertaken by experienced craftsman. Competitive rates.

E: [tombola49@aol.com](mailto:tombola49@aol.com); T: 078125 71384; 01954 202677;

### BAR HILL BABY AND TODDLER GROUP



This is held on Wednesdays and Fridays from 9.45–11.15am at the Octagon. It is for families and carers with children aged 0–4 years, with a variety of toys and activities for toddlers and pre-

schoolers, and a baby area with mats and age appropriate toys. Drinks and snacks are provided.

Prices: Under Ones – £1.00 (or FREE when paying for a sibling over one); Over Ones – £2.00.

Maximum charge per family/child-minder – £3.00.

Visit our Facebook page for details of future events.



Our Christmas Party is on Friday 11th December 10am–noon.

Tickets available in advance from the group, £5 per child; £2 for under ones.



## – CHURCH MATTERS –



Bar Hill Church is a Local Ecumenical Partnership of five denominations – the Church of England, the United Reformed Church, the Methodist Church, the Baptist Union and the Society of Friends. The Minister is

Charles Mather, who may be contacted on 01954 277119; or [charlesmather20@yahoo.com](mailto:charlesmather20@yahoo.com) [please note the change of e-mail address].

Everyone is welcome to attend our services which, in December and January, will be held at the following times:

### DECEMBER

- |               |  |
|---------------|--|
| Sunday 6th    | 10am Holy Communion with Café Church for young people<br>6.30pm Evening Worship  |
| Sunday 13th   | 8am Holy Communion<br>10am Service especially for children – Gift and Crib Service, when you may bring gifts for local needy groups.<br>6.30pm Evening Worship |
| Sunday 20th   | 10am Holy Communion<br>6.30pm Village Carol Service  |
| Thursday 24th | 4pm Christingle<br>11.30pm Midnight Communion  |
| Friday 25th   | 10am All Together Worship for Christmas Day  |
| Sunday 27th   | 10am All Together Worship  |

### JANUARY

- |             |   |
|-------------|---|
| Sunday 3rd  | 10am Holy Communion including Methodist Covenant Service with Café Church for young people<br>No evening service                |
| Sunday 10th | 8am Holy Communion<br>10am Morning Worship with Kidzone for children<br>6.30pm Re-Boot informal worship                         |
| Sunday 17th | 10am Holy Communion with Café church for young people<br>6.30pm Service of remembrance for loved ones who died in the last year |
| Sunday 24th | 10am All Together Worship<br>6.30pm Holy Communion  |
| Weds. 27th  | 10am Midweek Communion  |
| Sunday 31st | 10am Morning Worship<br>6.30pm Evening Worship  |

10am services are followed by tea/coffee, and there is a Traidcraft stall selling a range of fairly traded products.

We also have the following groups:

#### For Adults:

**Home Groups:** Various groups meet in homes around the village and provide an opportunity to discuss Christianity with a friendly group of people and to enjoy one another's company. Most groups meet twice a month. If you would like to know more, please contact Bob Chappell on [education@barhillchurch.org.uk](mailto:education@barhillchurch.org.uk); 01954 200987.

**Art Group:** Whether you are a complete beginner or an experienced painter, this group will give you a warm welcome. It meets on Wednesday afternoons throughout the year from 1.30-4pm in the Church. Meetings are very informal, with occasional visits from tutors. If you are new to painting, materials are available to borrow to help you get started. For further information, please contact Jan Hewins on 01954 201495.

**Bring Your Own Craft Group:** If you enjoy scrap-booking, needlework, knitting or crochet, jewellery or card making or any other creative projects but seldom have chance to work on them, you are warmly invited to join us at our monthly Saturday afternoon craft sessions. Please bring along all the materials and equipment you will need but we will provide the company, cakes and the chance to unwind. Time: 2.15–4.45pm in the Octagon – £1 for refreshments. Provisional future dates: January 23rd, February 27th 2016 Please contact Wendy on 01954 780241 or [wendy@caton.org.uk](mailto:wendy@caton.org.uk) for further details.

**Knit and Natter:** This is a long-established group which meets weekly on Thursday afternoons from 1.15-3.30pm in the Octagon. We are a friendly group who support one another, and other groups who need our help. We are currently knitting for 'Operation Christmas Child' which sends shoeboxes of gifts to children in need. We also send hats, jumpers and blankets to wherever they are needed throughout the world. We hold a number of events during the year, including outings, coffee mornings, a Christmas lunch, and 'Holiday at Home' at Easter. Everyone is very welcome, whether to knit, or just to chat and meet new friends. For more information, please contact Sue Kenchington on 01954 780260.

**Coffee Stop:** This group is run by volunteers on Wednesdays from 10am-midday in the Bar Hill Library. Coffee, tea and biscuits are served at a modest price. We aim to provide a friendly meeting place to chat with friends old and new. The Coffee Stop is used regularly by the Bar Hill Health Walkers, and by members of the Horizon Group. We are grateful to library staff for accommodating us and would love to welcome new people to join us. We encourage everyone to borrow a library book regularly to help keep this facility available for our village. For more information, please contact Sue Kenchington on 01954 780260.

**Eco Group:** The group meets for an hour in alternate months to think about how we, as a local community, can best use our world's resources both for our own benefit and for that of future generations. Our next meeting is on Sunday 9th January, 11.30-12.30 in the Church (the TNT Room in the main building), and you would be very welcome to join us. For further details, please contact Marguerite on [ecogroup@barhillchurch.org.uk](mailto:ecogroup@barhillchurch.org.uk).

**Music Group:** This group meets at 7.30pm on most Friday evenings in the Church to practice the music for Sunday services. If you sing or play an instrument, you would be very welcome to join us. For further details, please contact Bob Chappell on [education@barhillchurch.org.uk](mailto:education@barhillchurch.org.uk).



## - CHURCH MATTERS -

### *For Children:*

**Messy Church:** This group for pre-school and primary age children and their carers meets in the Octagon from 3.15-5.15 on the 3rd Wednesday of each month. Each session begins with craft activities followed by a story and song on a Bible theme, and ends with a simple meal. For more information, please contact Heather at [cyp@barhillchurch.org.uk](mailto:cyp@barhillchurch.org.uk).

**Holiday Club:** This will take place next year from Monday 25th July – Friday 29th July and is open to all children of primary school age.

### *For Children and Young People:*

**Café Church:** As an alternative to the Sunday morning service, the children and young people meet in the Octagon on the 1st and 3rd Sundays for breakfast and a learning activity. Kidzone for primary school children only is on the 2nd Sunday morning in the Octagon.

### *For Young People:*

**Informal Evening Worship** (2nd Sunday of the month): This is held from 6.30-8.00pm on the second Sunday of the month, is for adults and young people. It begins with cake and drinks and uses contemporary music and format.

**Cell Groups:** These groups of young people meet once a month to learn about the Bible and the Christian faith.

**Youth Socials:** An opportunity to relax and play games (including Wii, Pool, Table Tennis) on the first Sunday per month from 7.15–9.00pm in the Octagon.

For more information about any of these and other activities for children and/or young people, please contact Heather at [cyp@barhillchurch.org.uk](mailto:cyp@barhillchurch.org.uk).

### *Church Events in December and January*

**5th December:** Christmas Community Market 10am–2pm. Many extra stalls including Traidcraft and Art Group.

**Sunday 17th January** Service of Remembrance for loved ones who have died in the last year. 6.30pm.

## THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Hills Road, Cambridge

### The Catholic Church serving Bar Hill

*Parish Priest:* Mgr Peter Leeming Tel: 01223 350787

*Local contact:* Bunty Waters Tel: 01954 201421

Monday, Wednesday, Thursday, Friday 8am and 12.15pm

Tuesday 8am and 7.30pm

Saturday 6pm. First Mass of

Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and 6pm at The Octagon, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

### Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm,

7.00–7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday.

Copies are also available in the Church Centre.

## - OPPORTUNITY -

### - OVER DAY CENTRE -

We have a vacancy for a **Care Assistant** – 6 months contract for 9 hrs per week, plus additional hours by mutual agreement.

The Over Day Centre is a thriving charity that offers high quality day care for the frail and elderly of Over and surrounding villages. Our client base has recently expanded and we are looking for a care assistant to join our Team, initially for 6 months, but this period may be extended.

The hours of employment are: Mondays 11am–3.30pm and Fridays 11am–3.30pm. Experience in Care and NVQ Level II in Health & Social Care (or the willingness to train to this level) are both essential.

For an application form or more information, please contact Head of Care Hayley Smith, Over Day Centre, 1 Drings Close, Over CB24 5NZ. T: 01954 231807. Please feel free to call in and see us at any time – visitors are always welcome.

## STAY WELL THIS WINTER

In the past year as many of one in four residents in Cambridgeshire visited A&E when they could have used an alternative service or looked after themselves at home.

Each visit to A&E costs the local NHS £87 before any treatment is given. This costs the local NHS over £4million a year. In turn this is the equivalent cost of 677 hip replacements, 287 liver transplants or 115 more dementia nurses.

Using A&E when you don't need to can also have a knock-on effect to the rest of the hospital, as a busy A&E can result in 500 cancelled operations and procedures because a bed was not available, and longer waiting and referral times.

But you can help:

- **Stay healthy** – get a flu vaccination if you are eligible.
- **Look out for others** – check on elderly friends, relatives and neighbours especially in spells of cold weather, help them to keep warm and have the medication they might need.
- **Be prepared** – get your prescriptions in early before the holidays and see your pharmacist or GP for any issues you might be putting off.
- **Choose the right service** – your local pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment.

For help with finding local NHS services, visit [www.cambsandpeterboroughchoosewell.co.uk/](http://www.cambsandpeterboroughchoosewell.co.uk/).

## BAR HILL VILLAGE HALL

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- Wedding Receptions;
- Birthday Celebrations;
- Anniversary Celebrations;
- Charity Events;
- Children's Parties;
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During the week we have the following groups and clubs:

Monday	Helene Jones Dance	4.00–8.15pm
	(school term time only)	
Tuesday	Shotokan Karate	5.45–8.00pm
Tuesday	Danielle (Boot Camp)	8.00–9.00pm
Wednesday	Helen Jones (Dance)	4.00–6.45pm
Wednesday	Zumba	7.00–8.00pm
Wednesday	Pilates	8.00–9.00pm
Thursday	Pilates (term time only)	10.00–11.00am
Thursday	Weightwatchers	7.00–7.50pm
Friday	Stage Starz (term time only)	5.45–6.45pm
Friday	Martial Arts	7.45–9.00pm
Saturday	Sweat and Tone	8.00–9.00am
Sunday	Bingo (doors open 7pm)	7.30–9.30pm
	Cash prizes	

If you wish to book any of these facilities, or get more information, please call 01954 782414 and leave a clear message. We'll call back within 24 hours Monday–Friday); or e-mail [barhill.villagehall@btconnect.com](mailto:barhill.villagehall@btconnect.com).

*We look forward to hearing from you.*

## – JH FITNESS ACADEMY –

A new Gym with a difference has opened in Bar Hill. JH Fitness Academy specialises in group fitness classes and one-to-one personal training.

*"No goal was ever met without a little sweat."*



Trainer Junior Herbert is a former ISKA Commonwealth Muay Thai Champion, and three times National Kickboxing and Muay Thai Champion. He has been personally training clients since 2003 under the name of JH Personal Training.

Here are some of the classes, held at various times of day, between 6am and 9pm:

• Thai boxing • boot camp • elite boot camp • body blast • Kettlecise • Boxercise • agility strength and conditioning • Zumba gold • one-to-one personal training • thighs, tums and bums • You'll find us at 46 Viking Way, Bar Hill • CB23 8EL; T: 07900 553963; W: [www.jhfitnessacademy.co.uk](http://www.jhfitnessacademy.co.uk). Like us on Facebook for more information.

## – WANTED –

A caring and reliable person to help occasionally to walk a small dog in Bar Hill. Times negotiable. Please call 01954 789243 after 6pm and at weekends

## BAR HILL SPORTS AND SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

Visit our website, [www.bhssc.org.uk](http://www.bhssc.org.uk) or join us on Facebook, at Barhillsports.Socialclub.

Wishing a very Merry Christmas and a Happy New Year to all our Members and Staff.

*What's on in December?*

Sat. 5th	Festive-themed monthly Disco; £100 draw
Sat. 12th	Membership Draw – £50 to be won on night
Fri. 18th	Christmas Raffle draw
Thu. 24th	Christmas Eve Disco; £250 draw
Mon. 28th	Christmas Monthly Quiz
Thu. 31st	New Year's Eve Disco; £250 draw

*Looking Ahead...*

Sat. 9 Jan	Membership Draw
Sat. 23 Jan	Membership Draw
Mon. 25 Jan	Monthly Quiz

*Christmas Raffle is now on*

The first prize to be drawn on 18th December will be £500. Many other prizes to be won as well. Buy your tickets at the Bar.

*Saturday Football Teams home games – k/o: 1400*

5 Dec	Bar Hill Saturday Reserves v Soham United Reserves
12 Dec	Bar Hill Saturday v Hemingfords United Reserves
19 Dec	Bar Hill Saturday v Cambridge University Press Reserves

*Bar Hill Ladies Football Team home games*

No home games scheduled in December.

*Not a Member?*

New members are always welcome. Join now for £10, Seniors £5. Pop in and have a look around. Please ask the bar staff for a membership form. See our website for opening times.

*Andrew Wilkin, BHSSC, 01954 781881*

## STORYTIME AT BAR HILL LIBRARY

Stories and pictures, rhymes, songs and craft activities, from 10.30am at Bar Hill Library, on the following Saturdays: 12th December 2015; 9th and 23rd January 2016.

Storytime welcomes children of pre-school age – and their older brothers and sisters – who are supervised by an adult to a short session of book-based enjoyment. This free event introduces children to their local library, helping them on the way to finding out all that is to be gained from learning to read. There is no need to book, just come along.

## – CARER NEEDED –

I am a Bar Hill resident who is looking for a carer to work some early evenings and cover holiday for other carers.

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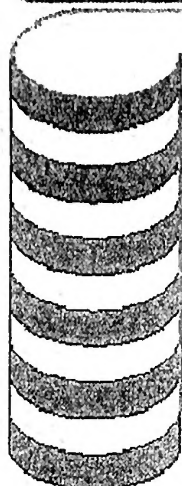
### Opening times

Mon. To Fri. 8.00am - 5.30pm

Sat. 8.30am - Noon

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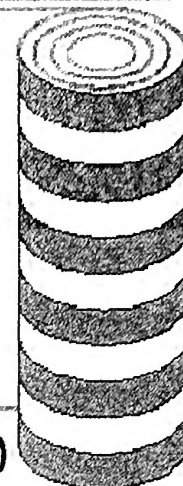


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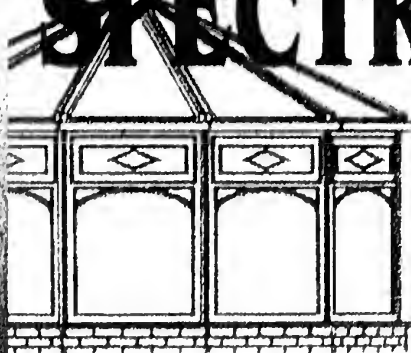
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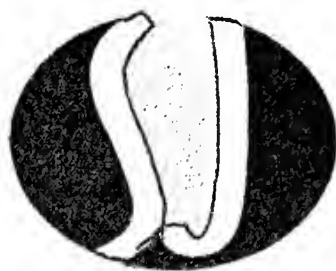
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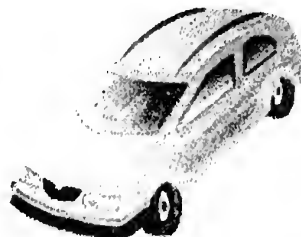
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### – FRIENDS OF THE ROSIE –



Season's Greetings from The Friends of the Rosie Hospital, a local charity. We raise money through the Tea Bar at the Rosie Hospital outpatient department and through our trading arm Rosie-in-Stitches, which has raised £1,250 so far in 2015. Follow us on the Rosie-in-Stitches

Facebook page. New knitted clothes and toys for sale on our website [www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk).

We hope readers enjoyed their summer and are looking for some winter accessories and gifts.

This winter we have a small display at the Tea Bar, Outpatient Department, Rosie Hospital at Addenbrooke's, CB2 2QQ.

Our next stalls will be:

Wednesday 2nd December 10am to 4pm at Outpatients Foyer, Addenbrooke's Hospital, CB2 0QQ. We will have a large display with all sizes of baby clothes plus toys, bags, hats, scarves and blankets.

Saturday 5th December 10.30pm to 2pm at Bar Hill Community Market, The Octagon, CB23 8EH.

Our knitters have been busy making Christmas themed toys for sale at these events. We hope our readers have enjoyed their summer and are looking for some winter accessories and gifts.

We have discounted items for sale in our eBay Charity Store Rosieinstitches2010, books on Amazon at [www.amazon.co.uk/shops/A302NWPGSHC7HN](http://www.amazon.co.uk/shops/A302NWPGSHC7HN), and second hand patterns and craft materials on our Facebook page.

There are links to affiliate stores on our website where we will get a donation.

If you have any spare polyester toy stuffing or yarn we are in urgent need of your donation.

To support Friends of the Rosie Hospital, Cambridge, England, visit [www.easyfundraising.org.uk/causes/forh](http://www.easyfundraising.org.uk/causes/forh) and follow the instructions. You can raise funds by using the Easyfundraising search site at <http://forh.easysearch.org.uk> There are competitions to enter on the Easyfundraising blog.

If you can improve our website, organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers or display a small selection of our wares please contact a member of the committee, details are given on our website.

Thank you for all your support.

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### – MAPLE SURGERY NEWS –

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Flu vaccinations – if you received an invitation to our flu clinic on 24th October and were unable to make it, please ring to make an appointment.

A warm welcome to Advanced Nurse Practitioner, Danielle Harding. Danielle will work Mondays and Fridays and will deal with all minor illness, minor injury and chronic disease. Danielle has a wealth of experience having worked at local surgeries in Cambridge and Out of Hours.

Men B – babies born on/after 1st July 2015 are offered the Meningitis B vaccine as part of their routine immunisation schedule. Babies born on/after 1st May 2015 are offered the vaccine as part of a one off catch-up campaign. Please contact the Surgery for details.

Medication requests – we are unable to accept requests for acute or repeat medication by phone. Requests must be made using your repeat request form, by email or online.

Shingles vaccinations – if you were aged 70–72 or 78–79 on 1st September 2015, please arrange an appointment with the Practice Nurse. Remember, this is a one-off vaccination. Due to possible side-effects this cannot be given with your flu vaccination.

Free NHS health checks – if you are aged 40–74 and have not had an NHS Health Check in the last five years, please book with the Nurse.

Help us improve our service – please take the time to complete an NHS Friends and Family Test Card available in the waiting area. Your feedback will help us learn more about what you like about the Surgery and what you think we could improve. Alternatively, visit our website [www.mhmaple.co.uk](http://www.mhmaple.co.uk) and let us know about your experiences at the Surgery.

Emergency/on-the-day appointments and test results – morning appointments may be booked from 8.30am. Afternoon appointments from 1.30pm. Telephone requests for blood results will only be accepted after 2pm. Online appointments and repeat prescription requests – registered patients can now book GP appointments and order repeat medications on the Surgery website [www.mhmaple.co.uk](http://www.mhmaple.co.uk). Please call in to the Surgery with one piece of photo ID to obtain your username and password. As from 31st March 2016, we are planning to offer online access to coded data in patient records.

Repeat prescriptions – please remember to allow TWO clear working days for your repeat prescription requests to be processed.

*The Maple Surgery Team*

### DRAMA STARS IS STARTING IN THE NEW YEAR.

Drama sessions led by two professional teachers, for children aged 7–11 on Sundays 2.30–3.30pm in the Bar Hill Community Room, Tesco.

Do your weekly shop whilst your children enjoy an hour of drama games and skills!

Sessions cost £5 per child. To book a place, contact Charlie on [charlie.bown@outlook.com](mailto:charlie.bown@outlook.com).

### – BAR HILL CHILDMINDERS –

If you are thinking of going back to work or would just like to have a bit of time to yourself, then why not leave your child in a friendly environment with a Childminder who is Ofsted registered, fully insured and First Aid Trained? Childminders offer a wide variety of activities including trips out to local toddler groups and parks, arts and crafts, music, stories and much more.

If you would like to find out more, you can call any of the Childminders listed below or just come along to our 'Little Bunnies' session on Thursdays to meet us all (see below).

#### Childminders with current vacancies:

Kirsten	01954 200228
Terri	07846 018714
Kirsty	07584 168909 (school-age children)
Melanie	01954 204496 (0-5yrs)
Carol	01954 780238



'Little Bunnies' Toddler Group for Babies and Pre-school Children and their Parents/Carers. We meet on Thursdays 9.45–11.15am in the Octagon (term time only) £2.50 per family/carer, or £1 per adult with one child under a year old. Includes soft drinks and healthy snacks for the children, hot drinks for the adults. We have a large range of indoor and outdoor toys.

'Little Bunnies' Sensory Sessions at the Octagon on Tuesdays from 9.45–11.15am during term time. Come and let your little ones experience a range of sensory activities, from messy play (aprons provided) to music and story acting!

Snack and drink for children; hot drink for adults included. £1 under 1yr; £2 per child; £3 for two or more children.

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Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family. Lessons are held at Bar Hill School on Mondays. Junior class (beginners' class from 4 years old) is from 1700–1800; Junior and Adult class

1800–1930. Sparring Classes are held on Sundays from 1000–1130. Free taster sessions. Family discount.

Text, call or e-mail: Mister Jason Newton, 07745 436806; [jason.newton@btinternet.com](mailto:jason.newton@btinternet.com); or Sam Dethridge, 07767 697236; [barhilltkdjuniorclass@gmail.com](mailto:barhilltkdjuniorclass@gmail.com).

Part of the Tae Kwon-Do Association of Great Britain (TAGB).

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Health Visitor: 01954 207612.

Out of hours ring: 111.

Website: [www.willinghammedicalpractice.nhs.uk](http://www.willinghammedicalpractice.nhs.uk).

**WE WOULD LIKE TO WISH ALL OUR PATIENTS A HEALTHY AND HAPPY CHRISTMAS**

Out of Hours Care – please remember to phone Urgent Care Cambridge on 111 if you require medical attention when surgery is closed. Accident & Emergency is for life-threatening conditions or if you are likely to need an X-ray. Repeat Prescriptions –last date for ordering repeat prescriptions in time for Christmas is Monday 21st December; last date for collection is Thursday 24th December by 1pm at both surgeries. To prevent wastage please only order those items that you need from your repeat medication list.

Missed Appointments in October 2015 = 51 Doctor & 60 Nurse Appointments. This amounts to approx. 9hrs of wasted Doctor time and 12½hrs of Nurse time. *Please cancel your appointment if you no longer need it so it can be offered to another patient.*

Self-Care Medication – Winter months are very busy for GP Surgeries and it is helpful if minor conditions can be treated with over the counter medicines. Why not visit our Willingham Pharmacy and stock up for the Christmas holidays? Here are some of the conditions that you can treat: • acute pain, such as headache • management of coughs & colds • reduce body temperature where there is a small increase • treat one-off constipation and/or diarrhea • treat minor abrasions or irritated skin • minor allergic responses • occurrences of head-lice infestation • treat oral or vaginal thrush.

Flu Vaccinations – clinics are now set up so please phone for an appointment.

Christmas Lucky Squares in aid of Magpas £1 each – available at both surgeries. Please buy a ticket or donate a prize. Thank you and good luck!

Carers Support Meetings – our next meeting at Willingham Surgery is on Wed. 9th March from 2–4.30pm. Stephen Duffy from Buckles Solicitors is coming in to talk about Wills and Power of Attorney. Pop along and get some free support and advice.

Camtad Hearing Clinics – next Clinic will be at Willingham Surgery on Wed. 16th December from 2–4pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Our surgeries will be closed on Christmas Day, Boxing Day and New Year's Day.

Sharon Unwin, Manager

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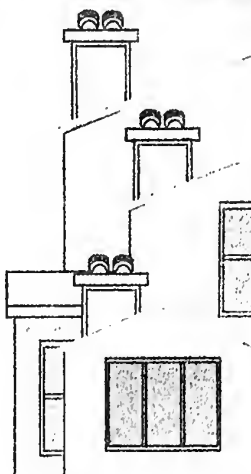
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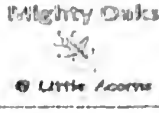
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Little Acorns Extended Day Care is an out of school club registered to care for children age 2–11 years, from 8am–6pm during term time and school holidays. We are situated next to the primary school along the concrete track which leads to the Farmhouse. Please feel free to drop in for a look around. Flexible Hours can be booked any time during weekdays. Our current cost is £3.60 per hour. A 50% sibling discount is available and a 20% lone parent discount. Our breakfast club is open from 8am and is suitable for all ages. Children have access to all three rooms in the building and the garden area throughout the day. We offer a wide variety of activities and resources where children can explore, investigate, learn, create and have fun. We have a 'mini acorns' session for children who are just starting pre-school (from age 2). These are slightly shorter sessions (9–11.15am), open Monday to Friday term time only, in a separate, quieter room with a higher staff ratio (max 12 children per session with 3 staff). We employ only qualified and experienced staff who are caring and dedicated. Children can access 15 hours per week of free sessions under the Early Years Funding Scheme in the term after they reach 3yrs. Families on Income Support, or who fulfil the criteria for free school meals, may also be able to access 15 hours per week of free sessions for their 2 year old, via 'Free Twos' funding. Enquire at the children's centre for advice on applying for this. If you would like more information or a registration form please e-mail: [littleacorns.barhill@ntlworld.com](mailto:littleacorns.barhill@ntlworld.com), or phone Sally or Gail: 07851 803083 / 07982 238658 for pre-school age; for out of school care please e-mail: [mightyoaks.barhill@virginmedia.com](mailto:mightyoaks.barhill@virginmedia.com). The building can also be hired out at weekends/evenings for parties and family events. Please e-mail for a booking form if you are interested – you do not need to have a child at the pre-school to use this facility.



**HARDWICK NEW MUMS & TUMS GROUP**

The group is especially for parents-to-be and parents/carers of babies up to the age of becoming mobile. We meet every Wednesday 11–12.30pm in the port-a-cabin behind St Mary's Church, Main Street, Hardwick CB22 7QT. Come and have a chat with other parents and share experiences. A chance to catch up with friends and make new ones. Baby play mats, seats and toys provided. Changing facilities available. Drinks & biscuits – donations welcome. For further information please do not hesitate to us contact:  
Stella: T: 01954 210049 or 07903 229296;  
E: [stella.ramblers@hotmail.com](mailto:stella.ramblers@hotmail.com);  
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Wednesday 9th December at 7.30pm: a miscellany of two short Wardens' Tales and a light-hearted quiz; plus the usual raffle, wine and mince pies.  
Wednesday 13th January at 7.30pm: an illustrated talk entitled Bird Crime – Fighting Wildlife Crime. Bob Elliott, Head of Investigations at the RSPB, will talk about recent cases and explain where the problems still exist today.  
Wednesday 10th February at 7.30pm: a talk by Chris Gerrard, Anglian Water, entitled Biodiversity: Anglian Water's Natural Partner. Chris will explain how the company is working to conserve and enhance wildlife on its land and how this work impacts the whole region through the provision of water and water recycling.  
Wednesday 9th March at 7.30pm: an illustrated talk entitled Are New Developments Ever Good for Wildlife? Martin Baker, Wildlife Trust, will explain that Cambridgeshire is one of the fastest growing counties in England, with plans for many new towns and extensions to existing towns. All of these will be held at Brampton Memorial Centre, Thrapston Road, Brampton, PE28 4TB. Anyone interested in wildlife is most welcome to attend. Booking is not necessary. Entrance charge: £2.50 (accompanied children free). Please contact Tim on 01480 457795 for further information.

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The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to discovering worms, ladybirds and other creatures that share the area at the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us.

The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

### Parent/Carer Partnership

From September we are introducing Online Learning Journals where each parent can follow the development of their child in words and pictures via a secure login.

Please contact us on the above telephone numbers or: [enquiries@barhillpreschool.co.uk](mailto:enquiries@barhillpreschool.co.uk)

Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process.

We look forward to meeting you and your child.

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## - PARLIAMENTARY NEWS -

If you are not an active news reader, listener or watcher, you may not know that I made my official maiden speech in Parliament on 20th October. Although I've spoken in the Chamber many times since my election in May, I had not so far made a "formal" speech. A local publication is not the place to be political – but suffice to say I failed miserably to follow the conventions of a maiden speech! Short? yes... Polite? I hope so... but Uncontroversial? no! In brief, I challenged the Government's approach to tax credit reform, requesting that the pace be slowed and the impact reconsidered. If you'd like to read the full text, you can do so here: [www.heidisouthcambs.co.uk/news/heidis-maiden-speech](http://www.heidisouthcambs.co.uk/news/heidis-maiden-speech).

I would like to say thank you for the overwhelming support I received from South Cambridgeshire constituents. I was inundated with emails, letters, tweets and phone calls. It was a challenging time for me with my party, so I am so grateful for your backing. The most pleasing result is that the Chancellor agreed to look at mitigating the effects of the reforms and we will hear his plans in the Autumn statement.

We have had a lot of what we call "sitting Fridays" in Westminster, which means my time in the constituency is often restricted. But I was delighted to help open Cottenham's new £640,000 sports pavilion in October, alongside three-time Paralympic medallist Dan West. This was such a successful community project – it was great to see local builders, engineers and residents come together to deliver a valuable asset for the community. Well done – and thank you for the early morning champers!

Later in October I met with representatives of the student bodies of Homerton and Girton colleges to discuss the new student finance proposals. It became clear that how the Government communicates change can make or break the implementation of a policy. Students were concerned about having more debt as maintenance grants are changed to loans, despite the fact that they would be unlikely to have to pay it back. But it shows we must never forget how people feel – it's not just about policy.

I met with a group of junior doctors from Addenbrooke's Hospital in light of the proposed changes to contracts. As I listened to their various specialisms, it was a useful reminder that the word "Junior" is so misleading. These doctors will have up to 10 years of clinical experience under their belts and are an essential part of our NHS. It is vital any new contract is fit for purpose, so I will continue working with them to ensure their voices are heard.

As always, you can contact me: T: 01954 212707;

E: [Heidi.allen.mp@parliament.uk](mailto:Heidi.allen.mp@parliament.uk); Twitter: @HeidiAllen75.

My next surgery is 11th December; please contact my office for an appointment.

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- Switch off fairy lights and unplug them before you go to bed or leave the house. Make sure they conform to the British Standard. And never overload plug sockets.
- Be careful when drinking alcohol while smoking or cooking.
- Finally, make sure you have a working smoke alarm which is correctly fitted and works. And NEVER take the batteries out to power presents!

To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

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\*skin patch tests are required at least 24hrs prior to treatment.

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**– GARDENER REQUIRED –**

We are looking for someone to help us in the garden at The Fairway. Cutting lawns and keeping patios clean.

Hours by agreement; good rate of pay.

Please call 01954 789250

**LOVE LIFE – LOVE SLIMMING WORLD**

Join our warm and friendly group at Bar Hill School on Wednesdays at 5.30pm or 7.30pm.

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*Science Fact*

If you took all the veins from your body and laid them end to end, you would die...



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**– DOBBIES –**

Santa has arrived at our Grotto!

Take a walk one evening to 13 Acorn Avenue and 19 Oatlands Avenue to view a display of Christmas lights and decorations, in support of the Teenage Cancer Trust.

Thank-you to everyone who attended our charity quiz night – we raised £165! We are arranging another quiz night at the Bar Hill Social Club in aid of Teenage Cancer Trust in January (date tbc). Thanks also to everyone who joined us for our Ladies' Night. Don't forget our Soul and Motown Charity Night on 11th December in the Village Hall. Tickets are selling fast! An amazing amount of money was raised for the Teenage Cancer Trust at the last event so please join us to help achieve that again. There will also be a raffle – if anyone would like to donate a prize, call into Dobbies and see Julie.

Take advantage of our hamper wrapping and planted container services in store this winter. Purchase readymade items, or enquire and design your own. Poinsettias are now available in brilliantly rich colours. And a lovely range of real Christmas Trees, potted and free standing, can be found in store.

DECEMBER SALE in store!

Why not sign up and take advantage of our Dobbies Loyalty Card? Benefits include: save 10% on plants, bulbs and seeds every day, collect 2 points for every £1 you spend in-store (1 point = 1p), enjoy 2 FREE hot beverages monthly in vouchers, available to use at Tesco Café.

[With apologies, Harris & Hoole no longer accepts our Garden Club vouchers.] Take advantage of exclusive shopping events and offers during the year. Customers who sign up in-store and choose our £10 direct debit option will receive a free gift, which varies each month, immediately. Even though there is an annual sign-up fee, you make your money back extremely quickly, sometimes with the value of the free gift alone! You can also sign up on line and pop in for your free gift.

For further information please call us on 01954 785451 or pop in for a chat!

*Julie Griffin*

**– FOR SALE –**

Two pairs black suede high-heeled boots size 6 barely worn (indoors); one has pointed-toe stiletto-heel, other has rounded-toe chunky-heel – £4 each  
Dark plum fleece-lined suede "Next" coat. Unworn, size 14 – £12

Classic dark grey wool/cashmere coat, size 12, only worn twice – £8

Black quilt-lined plush-trimmed hooded rain-resistant coat – £8

Contact: 07802 720664

**– FISHING TACKLE FOR SALE –**

2 x 12FT Nearly New Carp Rods TC 2.75lb £8 each ono.

Infinity – Rod Bag fits 3 made up 3 not £8 ono.

Day Shelter (New) cost £89 sell £49 ono.

OR The whole lot for £50 no offers

TONY 07831 895007 or 01954 789848

## BAR HILL COLTS FOOTBALL CLUB NEWS

### Focus on the Bar Hill Blades U10s

The Blades are the Bar Hill Colt's Under 10 team. Recently we were struggling a bit for player numbers, but have no such problems now after several new players have joined our squad.

In a recent match on a windy and wet morning, the pitch wasn't in a good condition for either team. The Blades had to dig deep during the first half, finding it extra tough fighting against the wind too. It didn't help our morale after letting in few goals during the first half. Although we came out strong during the second half, with the wind behind us this time and hope that we could get back on level terms again, we fought hard but unfortunately we were unable to capitalise on our chances. We ended up with a match defeat on the day and put it down as a 'learning experience', but sometimes that's the way it goes in football.

On 14th November we played Chesterton at home on the village green. It was our 5th match of the season and was another tough game. We fought hard and were on level terms at half time, though the game slipped away from us a bit in the second half.

As managers of the team, Mark and Dom are very pleased with how the team is developing and the Blades players show great promise for the future. We look forward to enjoying helping the players to further develop their football skills this season.

### Season's Greetings from the Bar Hill Colts

The Bar Hill Colts committee and managers wish everyone a Merry Christmas and Happy New Year during the festive period. We hope all our players enjoy a well-earned rest, and come back in the New Year with renewed vigour and passion for the game.



## BEWARE: CLONED WEBSITE IS OFFERING "INVESTMENTS"

Fraudsters have set up a bogus website claiming to be the official site of National Savings & Investments (NS&I) and are cold-calling members of the public offering them the chance to invest in 65+ Bonds (Pensioner Bonds). Those searching for the official NS&I website on search engines may be directed to the fake site, which asks them to supply contact information. Victims then receive a follow up e-mail and/or phone call from the fraudsters, requesting evidence of identity and bank account details by phone or by sending the victims fake forms. A common name that appears on emails sent by the fraudsters is 'Kevin Archer'. To avoid being a victim of fraud, NEVER pass personal or banking information to companies that cold call you. NS&I do not make cold calls to potential customers, so do not enter into discussion with any caller claiming to be from NS&I. The ONLY domain name (website address) that is legitimate is [www.nsandi.com](http://www.nsandi.com).

The National Fraud Intelligence Bureau is committed to tackling all types of fraud and the Cyber Prevention and Disruption Team aim to do this by disrupting and taking down fake and fraudulent websites.

If you have been a victim, or suspect a company, of fraud please contact Action Fraud on 0300 123 2040 or via the online reporting tool at [www.actionfraud.police.uk](http://www.actionfraud.police.uk).

## - COUNCILLOR NOTES -

Cambridge City and South Cambs waste teams join  
Cambridge City and South Cambs have joined forces in a bid to reduce costs. They will collect from over 116,000 homes across Cambridge and South Cambs.

Cambridge City Council's fleet of 27 bin lorries have begun operating from Waterbeach depot where South Cambs waste operations are based. This will save over £100,000 per year. With operations now working out of one depot, further efficiencies will be sought to drive down costs.

### Local Plans for Cambridge and South Cambs

New evidence on plans to deliver thousands of new jobs and homes in Cambridge and South Cambs up to 2031 has endorsed the bulk of Council proposal originally submitted to Government for independent examination. Extra work was commissioned by Cambridge City and South Cambs after Government inspectors suspended their examinations and questioned if more than the 33,000 homes put forward in Local Plans were needed to meet local needs, and whether the strategy of focussing the majority of homes in new towns and villages was sound. In the reports independent experts have said that 33,500 homes would be needed by 2031 to meet local needs – just 500 more than originally put forward.

If you would like further information please look at the South Cambs website.

### Nominations open for 2016 Community Awards

The search is on to find individuals, organisations and businesses that made a big difference in small South Cambs communities. Nominations are now open for South Cambs DC sixth Annual Community Awards celebration and we are asking residents to put forward their community heroes. Thanks to sponsors Hill, the 2016 Awards will be bigger and better than ever with an extra category to give the best possible snapshot local community and business activity.

Up for grabs are:

- **Village Hero:** recognises outstanding individual contributions to community life;
- **Parish Councillor of the Year:** recognises great work by parish councillors who have given their own time to improve the local community for all of us in 2015–16;
- **Outstanding Youth Initiative:** recognises the excellent work done by youth groups;
- **Outstanding Local Services/Amenity:** recognises the amazing services provided by local shops, pubs, post offices, libraries etc.;
- **Environment Award:** recognises the valuable contribution made by groups who seek to improve our villages for the long and short term;
- **Wellbeing Award:** recognises the many groups whose aim it is to improve our health and wellbeing both mental and physical.

Further information about the categories and nomination forms can be found at [www.scambs.gov.uk/community-awards](http://www.scambs.gov.uk/community-awards) or call Kirstin Donaldson on 01954 712908.

Please contact us if you need any information or assistance, or have any comments.

Bunty Waters T: 01954 201421 / 07734 690580;

E: [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com);

Roger Hall T: 01954 780304;

E: [roger.hall90@ntlworld.com](mailto:roger.hall90@ntlworld.com).

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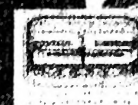
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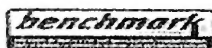
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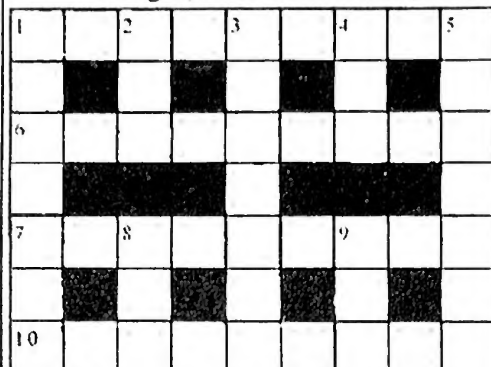


**07766 281962 / 07832 261791**



**DECEMBER CROSSWORD**

Across: 1. Advent precedes this, 6. not well (3,6), 7. officers helper (3,2,4), 10. times for voting.  
 Down: 1. a -- by Bach or Cruger perhaps, 2. one of the armed forces, 3. comes last in the race, 4. cow's sound, 5. angels, 8. should arrive now, 9. fuss.

**SOLUTION FOR NOVEMBER**

Across: 1. Witchford, 6. sartorial, 7. Elizabeth, 10. hands down.  
 Down: 1. Wisbech, 2. tor, 3. hoorays, 4. obi, 5. dolphin, 8. inn, 9. ego.

**BIN COLLECTION DATES**

Weds. 2nd Dec. black bin  
 Weds. 9th Dec. green and blue bins  
 Weds. 16th Dec. black bin  
 Weds. 23rd Dec. blue bin ONLY  
**THURS. 31st Dec.** black bin  
**THURS. 7th Jan.** green and blue bins  
 Weds. 13th Jan. black bin  
 Weds. 20th Jan. blue bin ONLY  
 Weds. 27th Jan. black bin

**THE ALLOTMENT SOCIETY**

Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348. All other allotment matters should be addressed to: [bhallotment@hotmail.com](mailto:bhallotment@hotmail.com).

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**- S DYE -**

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Why does Sea World have a seafood restaurant?? I'm halfway through my fish burger and I think: "oh dear - I could be eating a slow learner..."  
 Lynda Montgomery

**DECEMBER PUZZLE**

Form nine Christmas nine letter words, in alphabetical order.

A	K	E	E	T	I	N	G	S
A	K	E	E	V	E	R	G	R
A	T	E	F	R	U	S	T	N
C	E	L	G	R	E	S	N	O
C	H	E	I	O	N	T	L	E
C	H	R	I	S	T	T	O	E
D	I	T	I	T	C	T	R	A
E	B	R	M	A	S	U	T	S
E	E	N	M	I	S	W	F	L

Solution for November: CHRONICLE, DECENNARY, EARLINESS, FOREGOING, HONEYMOON, MARTINMAS, NEVERMORE, PRECISELY, YESTERDAY.

**RESIDENTS' ASSOCIATION**

Interested persons are always welcome at Residents' Association meetings. They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meetings:  
 1st Dec; 5th Jan..

## – EVENTS CALENDAR –

date	event	where	time
2 December	Rosie stall at Out Patients Foyer (page 15)	Addenbrookes Hospital	10am–4pm
3 December	8 O'clock Club (page 3)	School	8pm
5 December	Bar Hill Community Christmas Market (page 1)	Octagon	10.30am–2pm
5 December	Bar Hill Primary School Christmas Fayre (page 1)	School	2.30–4.30pm
5 December	Festive-themed monthly Disco (page 8)	BHSSC	
8 December	Health and Wellbeing Club (page 3)	Community Room, Tesco	2–4pm
9 December	Hunts. Wildlife Trust meeting (page 21)	Brampton Memorial Centre	7.30pm
10 December	NWR – shoes and handbags (page 3)	tba	8pm
11 December	Soul and Motown Charity Night (page 25)	Village Hall	
11 December	Bar Hill Primary School PTA Christmas Raffle (page 1)	School	
11 December	Over Day Centre's Christmas Fayre (page 1)	Over Day Centre	from 2pm
11 December	Bar Hill Baby & Toddler Group Christmas Party (page 15)	Octagon	10am–noon
12 December	Storytime at Bar Hill Library (page 8)	Library	10.30am
12 December	Rosie stall at Willingham Craft Fair (page 15)	Ploughman Hall, CB24 5LP	2.30–5pm
15 December	Bar Hill Book Club (page 4)	The Fox	7pm
17 December	NWR – Christmas Quiz (page 3)	tba	8pm
18 December	Christmas Raffle Draw (page 8)	BHSSC	
24 December	Christmas Eve Disco (page 8)	BHSSC	
31 December	New Year's Eve Disco (page 8)	BHSSC	
7 January	NWR – history of print (page 3)	tba	8pm
9 January	Storytime at Bar Hill Library (page 8)	Library	10.30am
13 January	Hunts. Wildlife Trust meeting (page 21)	Brampton Memorial Centre	7.30pm
16 January	NWR – Winter Social (page 3)	tba	8pm
21 January	NWR – Cinema Producer/Director (page 3)	tba	8pm
4 February	NWR – History of Department Stores (page 3)	tba	8pm

### MODERN SLAVERY

**YES** – it exists even in safe South Cambridgeshire!

This terrible situation begins when people use others as commodities resulting in bondage and forced labour, sexual exploitation or domestic servitude. While exploitation won't look the same as in cities, sadly there have been incidents in villages local to us.

At a recent event, the Police and anti-trafficking organisations such as the Red Cross, Salvation Army and Hope for Justice, highlighted the issue using expert speakers and films. There will be a more detailed article in February's edition but meanwhile the films can be seen at Unchosen's website: [www.unchosen.org.uk](http://www.unchosen.org.uk):

- ♦ **Yoke Farm** – a shop keeper becomes suspicious about his free range egg supplier.
- ♦ **The Trip** – true story of Hung, a young Vietnamese man trafficked abroad with the promise of a job, only to be forced to work in a cannabis factory.
- ♦ **Katerina\*** – a young girl travels to UK to be a nanny but finds herself in a different situation. (\*this film is rated 15)

**Indicators of possible slavery:**

- poor physical appearance, malnourished;
- inadequate clothing – not waterproof or warm;
- scared or nervous, unwilling to interact;
- always escorted and dominated;
- large numbers collected in the morning from one house and returned in the evening.

The police are committed to safe guarding all vulnerable people, including victims of slavery.

To report any suspicions dial 101 or report via Crimestoppers at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org).

It doesn't matter if you are wrong – because what if you are right?

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